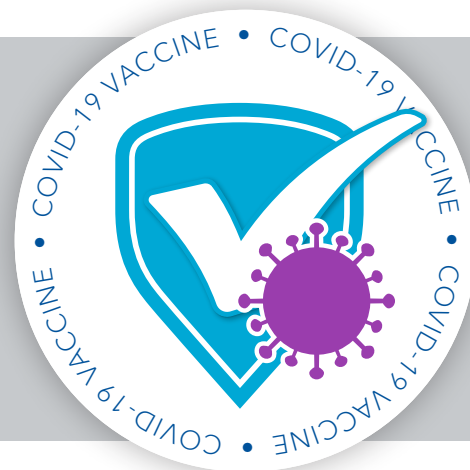


Considering the COVID-19 Vaccine? Answers to Common Questions.



? WHAT AM I ALLOWED TO DO ONCE I GET THE VACCINE?

Beyond protecting yourself and others, one of the most exciting reasons to get vaccinated is finally being able to do what you love, with those you love. Based on CDC guidelines, if you're fully vaccinated you can:

- Stop wearing masks and physically distancing indoors and outdoors, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local businesses and workplace guidance.
- Skip quarantining and getting tested if you have a COVID-19 exposure.
- Resume domestic travel, and refrain from testing before or after travel. You can also refrain from self-quarantine after travel, per local public health guidelines.

? HOW DO YOU KNOW THE COVID VACCINE IS SAFE?

- Each vaccine clinical trial included tens of thousands of people.
- The COVID-19 vaccine went through the same safety assessments as every other vaccine you've received that keeps you safe and healthy.

? IS ONE VACCINE BETTER THAN THE OTHERS?

- It's totally normal to have multiple brands of a vaccine.
- Every year, multiple companies make the flu vaccine, too. It doesn't matter which one you get, because they're all basically the same in how safe they are and how well they work.

? HOW LONG WILL THE VACCINE KEEP ME PROTECTED?

- The vaccine teaches your body to recognize COVID-19 and respond with antibodies that protect you, without giving you the COVID-19 virus.
- We know the vaccine can help protect you from developing COVID-19 symptoms for at least six months.
- Early data suggests vaccination may also decrease someone's chance of spreading the virus to others.



UnityPoint Health



WHAT ARE THE SIDE EFFECTS LIKE?

- We understand you may be concerned about side effects. Common, mild side effects like a sore arm, fatigue or a headache are expected in the first few days following vaccination.
- Side effects from the vaccine are not a bad thing. It means your body is having a strong immune response after receiving the vaccine. But if you don't have side effects, the vaccine is still working.



WHERE AND HOW CAN I SCHEDULE AN APPOINTMENT FOR THE VACCINE?

- If the vaccine is not being offered at your primary care location, we can help point you to other locations where you can schedule an appointment, such as your local pharmacy or public health department.
- The most important thing is that you get the vaccine, whether it's at a UnityPoint Health facility or not.



WILL THE VACCINE IMPACT CURRENT OR FUTURE PREGNANCIES?

- It's important to know that being pregnant puts a woman at an increased risk of having more severe COVID-19 symptoms. The risk of needing intensive care and a ventilator are also higher in pregnant women who contract COVID-19.
- Pregnant women were excluded from the clinical trials. However, a nearly equal number of women from both the placebo and vaccine groups later became pregnant. No adverse side effects have been noted.
- We support the position of national committees for pediatrics and OB/GYN in that the vaccine should be offered to pregnant and lactating individuals.